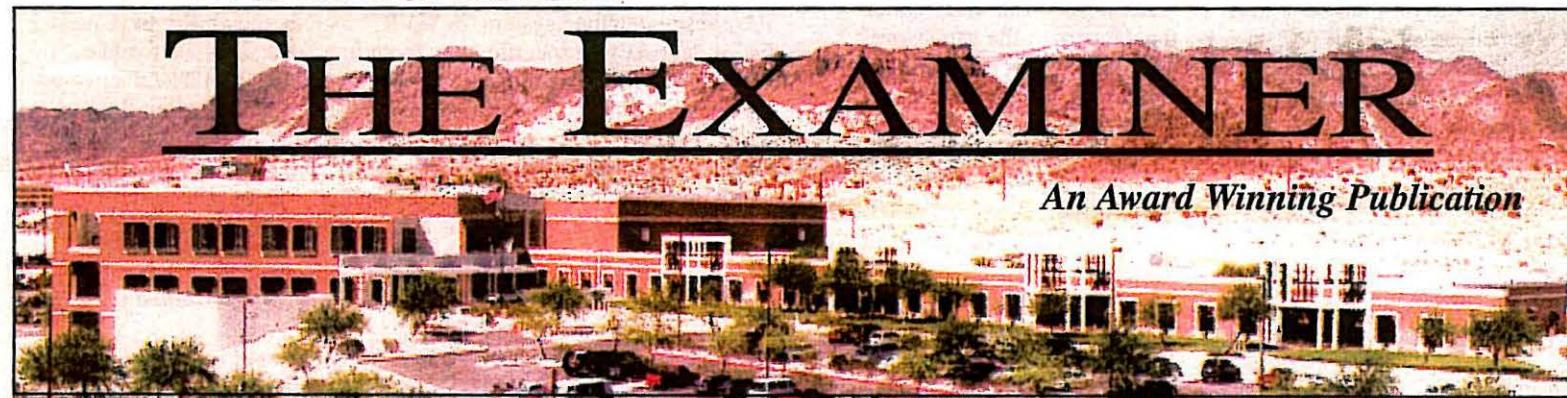


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est. June 17, 1898



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Volunteers
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youth DEFY drugs

The Marine Corps Air
Ground Combat Center
and the Robert E. Bush
Naval Hospital has
become one of the newest locations
to host the Department of
the Navy's Drug Education For
Youth (DEFY) program.

DEFY is offered at no charge
to 9-to-12-year-old dependents
of military members and civilian
DoD employees. It consists
of a week-long summer leadership
camp and a year of follow-on
mentoring that strengthens
youth by providing them with
the resistance and life skills they
need to avoid involvement in
drugs, gangs and crime. The
free program also provides other
important lessons on study
skills, violence prevention,
personal safety, diversity, conflict
resolution and Internet safety.

"We feel fortunate to add the
Combat Center and Robert E.
Bush Naval Hospital to the
DEFY team this year," said
DEFY Program Manager Timm
Bentley. "It's just one example
of the base's continued dedica-

Continued on page 7

Hospital Welcomes New Boot Ensign



Ensign Macedonio Herrera, Material Management, receives the "boot" from the Hospital's Bull Ensign, Elizabeth Angelo, Laboratory, during the monthly awards ceremony held on the Hospital's Quarter Deck. In keeping with Navy traditions, the Bull Ensign is the most senior Ensign at a command and the Boot Ensign is the most junior.

Inside...

Your skin is the largest organ of your body and it is constantly renewing itself throughout your life. Skin protects us from heat, light, injury, and infection and stores water and fat.

page 2

This is the season for grilling, when all through the yard; the sodas and beers were chilling, preparing the food was not very hard. The food was kept cold until ready to cook, each stored properly in its own nook.

page 3

June is National Safety Month and it is a good time to remind ourselves that a few precautions and a little common sense can be a person's first line of defense against injury and harm.

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Here's To Your Health...

Skin Cancer and Sun Screen

By Martha Hunt, MA Health Promotions Coordinator
Robert E. Bush Naval Hospital

Your skin is the largest organ of your body and it is constantly renewing itself throughout your life. Skin protects us from heat, light, injury, and infection and stores water and fat. It keeps itself moist and intact to the best of its ability but sun, heat, dryness and chemical exposure works against your skin to damage it and dry it out. We need some exposure to sunlight for Vitamin D production, however, over exposure to the sun leads to skin cancer, premature aging of the skin and wrinkling!

Skin cancer is the most common form of cancer with over one million Americans every year being diagnosed with skin cancer and almost 10,000 dying from it. Half of all Americans who live to age 65 will be diagnosed with some form of skin cancer. UV A & B radiation from the sun is the leading cause of skin cancer, however UV C radiation from sun lamps and tanning booths also cause skin cancer. Cases of skin cancers are more likely to occur where there is brighter and stronger sunlight such as nearer the equator or at high altitudes. In other words, here in the high desert!

Ninety percent of all skin cancers develop on the face, neck and arms where sun exposure is the greatest. Those individuals at highest risk for skin cancer are those who have light skin, hair and eyes, a family history of skin cancer, chronic exposure to the sun, a history of bad sunburns early in life, or have lots of moles or freckles. However, everyone is at risk of skin cancer, no matter how dark ones' skin or hair.

Skin cancer growths occur when normally dividing skin cells begin to grow abnormally. UV rays damage the DNA of skin cells and causes them to reproduce abnormally. Once a cells' DNA is damaged, the damage is permanent and is replicated over and over until an abnormal patch of cells is seen on the surface of the skin. There

are over 100 different types of skin cancer, depending on what layer of the skin they are found and what types of skin cells are affected.

What to look for -

- * Patches of skin that tend to bleed or ooze,
- * open sores that don't heal,
- * patches that have an irregular shape or edges to them,
- * patches that have varied colors in their pigmentation,
- * growths larger than the width of a pencil eraser,
- * patches that have a scaly, crusty or bumpy appearance to the surface of them, or
- * growths that itch or are tender and painful.

Sun screen works by blocking out some, but not all, of the UV A and B rays. Sun screen does not protect against UV C radiation. The higher the SPF value, the greater the protection from burning. Use a sun screen that blocks both UV A and UV B radiation as they both cause skin cancer and burning. UV A rays cause damage deep into the skin while UV B rays damage the surface layers. Exposure to UV A and UV B radiation has also been associated with non-Hodgkin's Lymphoma and with eye cancers, specifically on the cornea and the conjunctiva (the white part).

If you will be in the sun more than 15 minutes, wear sun screen with an SPF value of 20 or greater. Older adults should always use a sun screen with an SPF of 30 or higher. Apply sun screen at least 30 minutes before going out into the sun and re-apply every two to three hours.

Since sun screen alone is not 100 percent effective against the damage produced by UV rays, take other protective measures as well. When outdoors in the sun, wear hats, sunglasses, light colored, loose fitting clothing, full length pants and socks to reflect the heat and allow your skin to breathe. Check all areas of your skin surfaces regularly for any changes. If you can't see a certain area of your skin, use mirrors or get a friend to check for you. Call your doctor if you have patches of skin or growths on your skin that bleed or change shape or color. If you have a family history of skin cancer, alert your doctor and

watch your skin carefully for changes.

Drink plenty of water and other replenishing liquids (not alcohol or caffeine) to help your skin sweat and cool itself. Avoid the sun between 10 a.m. and 3 p.m. whenever possible as the sun's rays are the most damaging. You can burn even on a cloudy day as 80 percent of the sun's rays still penetrate through clouds.

Teach your kids early about the dangers of the sun as most skin damage occurs before the age of 20. Never use sun screen on infants less than six months of age as the chemicals in sun block are absorbed directly into their body and may irritate their skin. Rather keep them out of direct sun.

Damage from the sun is cumu-

lative over your life span and builds up over time. The DNA damage you received from that sun burn when you were a teen is still with you and will never go away. The best protection from skin cancer is to avoid

direct exposure of your skin to the sun. When that is not possible, use sun screen to help reduce the absorption of UV rays and the DNA damage that results. You only have one skin, wear it well.

TRDP's Improved IVR and Web Site Enhance Customer Service

By Nancy White

New automated telephone services and an improved, easy-to-use web site provide both visitors and enrollees with complete, comprehensive information about the TRICARE Retiree Dental Program (TRDP).

Automated features added to the redesigned Interactive Voice Response telephone system, or "IVR," include the ability to request a list of dentists in a specific area, including specialists, be faxed or mailed. Callers can also get a complete breakdown of TRDP covered services, including time limitations; streamlined navigation through the automated telephone system makes it easier than ever for TRDP enrollees to obtain such information as their eligibility; status of a claim, maximum used to date and remaining deductible amount.

The IVR at (888) 838-8737 is available for automated services 24 hours a day, seven days a week. Callers who wish to speak directly to

Continued on page 7

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The Examiner welcomes your comments and suggestions concerning the publication. Deadline for submission of articles is the 15th of each month for the following month's edition. Any format is welcome, however, the preferred method of submission is by e-mail or by computer disk.

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Cooking Out? Read This First! Principles of Proper Food Safety

By Lt. Michael Mero, MS, RD
Nutrition Management
Robert E. Bush Naval Hospital

Tis the season for grilling, when all through the yard; the sodas and beers were chilling, preparing the food was not very hard. The food was kept cold until ready to cook, each stored properly in its own nook.

Remember, foodborne illness is never fun, so read this article on food safety...it will help a ton.

The grilling season is upon us, and with the temperatures soaring to unbelievable highs, it is especially important to take food safety seriously. Food that is stored, prepared, and served properly is more likely to keep its fresh quality and alone keeps people from getting sick from a foodborne illness.

Although any food can be contaminated, moist, high-protein foods on which bacteria can grow most easily are classified as potentially hazardous foods. Some examples of these foods include: milk and milk products, shell eggs, beef, poultry, pork, lamb, fish, sprouts, shellfish, soy-protein foods, sliced melons, tofu, garlic-and-oil mixtures, and cooked beans, rice, and potatoes.

The most common factors that cause foodborne illnesses can be divided into three categories: time and temperature abuse, poor personal hygiene, and cross-contamination. They can more specifically include:

- * Failure to properly cool food.
- * Failure to thoroughly heat or cook food.
- * Adding raw, contaminated ingredients to food that receives no further cooking.
- * Allowing foods to stay for too long at temperatures favorable to bacterial growth.
- * Failure to reheat cooked foods to temperatures that kill bacteria.
- * Cross-contamination of cooked food by raw food or improperly cleaned equipment.

One of the most dangerous food safety hazards are known as biological hazards. Biological hazards are disease-causing micro-organisms, certain plants, and fish that carry

toxins, which are poisonous. Once in food, some of these hazards may be very hard to kill or control because some are able to survive freezing and high cooking temperatures. Of these micro-organisms, bacteria are the greatest concern because they can multiply at a very rapid rate within warm, moist, protein-rich, and low in acid foods.

There are three main topics for everyone to focus on when hosting a cookout, or in everyday cooking practices. They are: Storing Food Safely, Keeping Food Safe During Preparation and Service, and the Safe Foodhandler.

Storing Food Safely

Properly storing foods is the first step towards food safety. Here are some important things to know regarding food storage.

Once you bring foods home from the store, shelve new foods behind the old, so the old foods are used first. Regularly check the expiration dates.

Maintain your refrigerator temperature at 40 F.

Store cooked and ready to eat foods on the top shelf of the

refrigerator.

Maintain your freezer temperature at 0 F, and do not thaw and refreeze foods unless they have been thoroughly cooked first.

Store meat products in the coldest section of the unit (the back of the refrigerator/freezer) and should be used or frozen within two to three days.

Eggs and dairy products should be stored in their original container and kept until their use-by date.

Foods must be kept out of the temperature danger zone (40 to 140 F).

Keeping Food Safe During Preparation and Service

Most foods are at highest risk during preparation and service. As foods are thawed, cooked, held, served, cooled, and reheated, they may pass several times during the temperature danger zone of 40 to 140 F. Each time food is handled, it runs the risk of cross-contamination from other food and from food-contact surfaces, such as human hands, cutting boards, and utensils. Prevent potentially hazardous foods from spending

more than 4 hours in the temperature danger zone. Below are some important tips on food safety during preparation and service.

Use properly cleaned and sanitized utensils and practice good personal hygiene.

Thaw foods in the refrigerator, under water 70 F or lower, as part of the cooking process, or in the microwave if food moved immediately to the cooking area.

Cook foods higher than their minimum safe internal temperature (temperature guide should be listed in your cookbook).

For salads and sandwiches, chill all ingredients before making the meal, prepare less than 24 hours before service, use commercially made mayonnaise, and never use raw eggs.

Keep hot foods hot (140 F or

higher) and cold foods cold (40 F or cooler).

Chill cooked food to 40 F within four hours.

The Safe Foodhandler

Food safety does not just include proper food handling procedures. Good hygiene is vital to food safety. One of the main ways to prevent cross-contamination and the spread of foodborne illness is proper hand washing. You should thoroughly wash your hands after handling raw food; touching your hair, face, or body; sneezing or coughing; smoking; eating or drinking; cleaning; taking out the garbage; using the restroom; or playing with and tending to your children.

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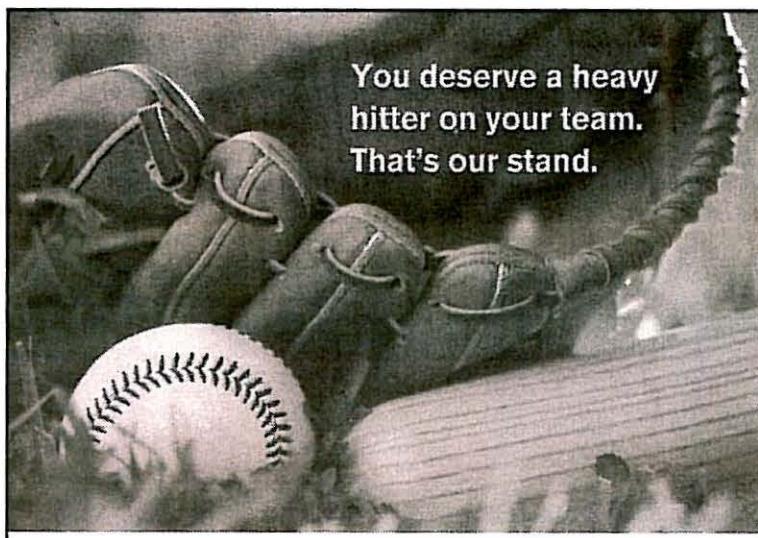

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Super Stars and Hard Chargers...



HM2 Andrea Alvord, Radiology
receives a Navy and Marine Corps Commendation Medal.



Ms. Geraldine Cottey, Education and Training, receives her Federal 30-year Length of Service Award.



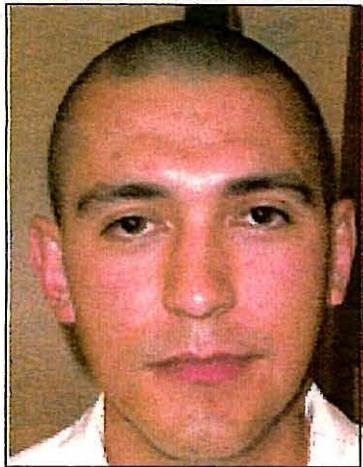
Ms. Patricia Farnham, Health Care Operations, receives the Navy Meritorious Civilian Service Award.



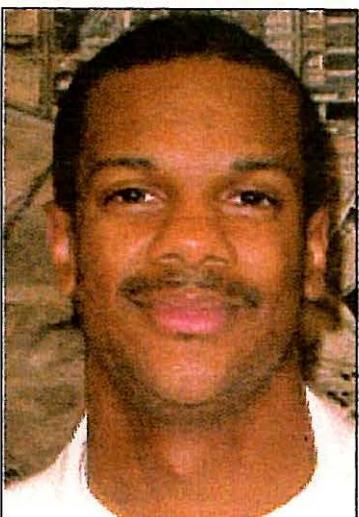
Lt. Patricia Lovato, Family Medicine Clinic, receives the Navy and Marine Corps Commendation Medal.



Lt. Cmdr. Eileen Sirois, OB Clinic, is named at "Honorary Desert Rat" upon her transfer from the Robert E. Bush Naval Hospital.



HM2 Douglas Ayala, Patient Administration, receives a Good Conduct Medal.



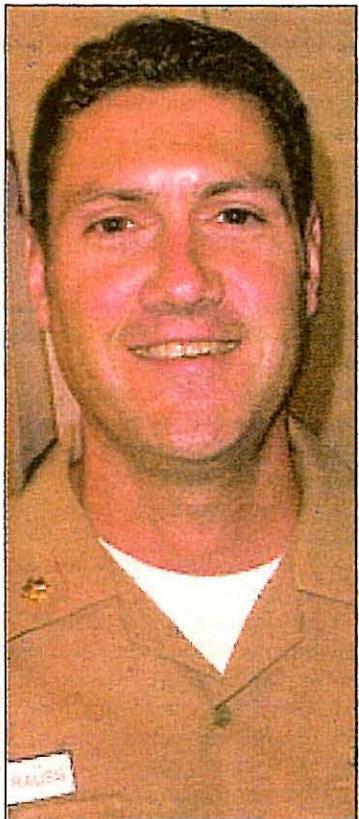
CS2 Joe Lee, Command Career Counselor, receives a Navy and Marine Corps Achievement Medal.



Lt. Troy Henderson, Preventive Medicine Department, receives the Navy and Marine Corps Commendation Medal.



Mrs. Sonia Matheu, former Command Ombudsman is presented a Command Coin in thanks for her service as Ombudsman to this command.



Lt. Cmdr. Joseph E. Strauss, Orthopedic Surgeon, receives the Navy and Marine Corps Commendation Medal.



Lt. Cmdr. Rebecca Carlin, a physician in the Family Medicine Clinic, receives the Navy and Marine Corps Commendation Medal.



HM3 Jessica McDurmon, Patient Administration Department takes the oath during her recent reenlistment ceremony.



HM1 Jon Jackson retirees after 20 years of honorable service.



Ms. Tiffany Niles, represented all of the command's Ombudsmen during a special recognition at the monthly command awards ceremony.

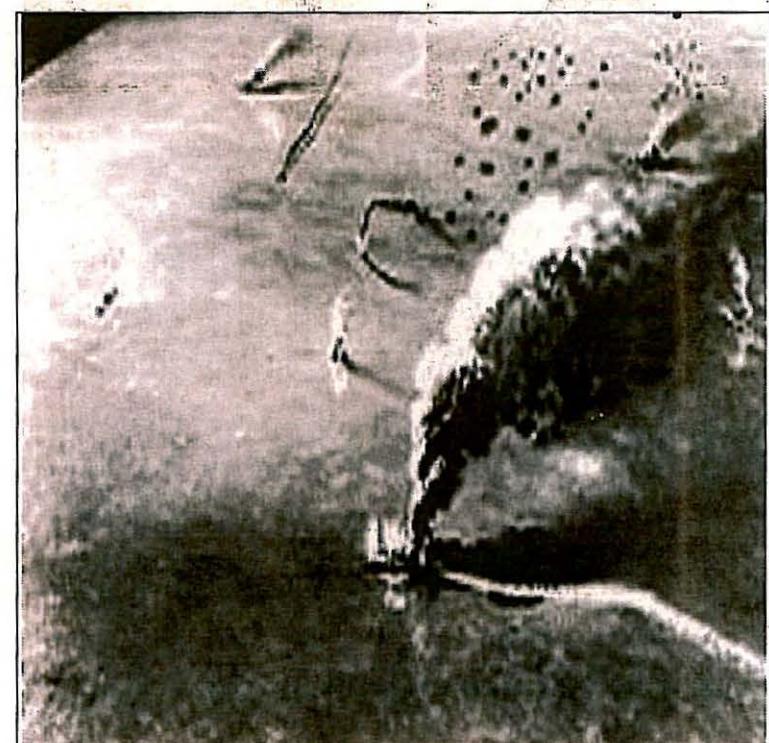
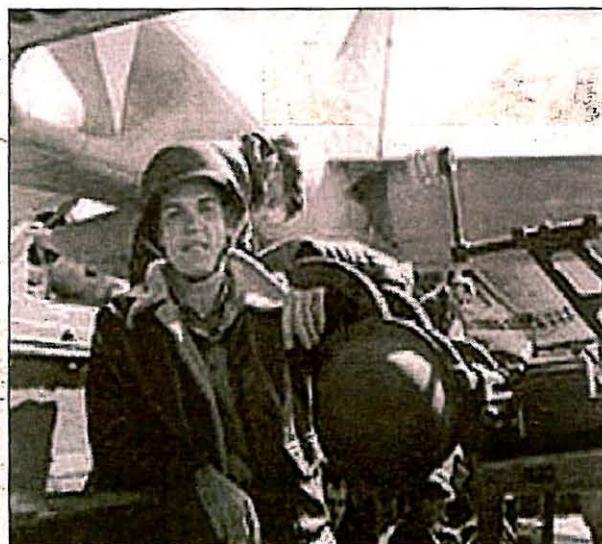
Battle of Midway, 4-7 June 1942...Overview

The Battle of Midway, fought over and near the tiny U.S. mid-Pacific base at Midway atoll, represents the strategic high water mark of Japan's Pacific Ocean war. Prior to this action, Japan possessed general naval superiority over the United States and could usually choose where and when to attack. After Midway, the two opposing fleets were essentially equals, and the United States soon took the offensive.

Japanese Combined Fleet commander Admiral Isoroku Yamamoto moved on Midway in an effort to draw out and destroy the U.S. Pacific Fleet's aircraft carrier striking forces, which had embarrassed the Japanese Navy in the mid-April Doolittle Raid on Japan's home islands and at the Battle of Coral Sea in early May. He planned to quickly knock down Midway's defenses, follow up with an invasion of the atoll's two small islands and establish a Japanese air base there. He expected the U.S. carriers to come out and fight, but to arrive too late to save Midway and in insufficient strength to avoid defeat by his own well-tested carrier air power.

Yamamoto's intended surprise was thwarted by superior American communications intelligence, which deduced his scheme well before battle was joined. This allowed Admiral Chester W. Nimitz, the U.S. Pacific Fleet commander, to establish an ambush by having his carriers ready and waiting

for the Japanese. On 4 June 1942, in the second of the Pacific War's great carrier battles, the trap was sprung. The perseverance, sacrifice and skill of U.S. Navy aviators, plus a great deal of good luck on the American side, cost Japan four irreplaceable fleet carriers, while only one of the three U.S. carriers present was lost. The base at Midway, though damaged by Japanese air attack, remained operational and later became a vital component in the American trans-Pacific offensive.



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Safe and Secure during National Safety Month

By Cmdr. Kathleen Hewitt, CNM/WHNP
Robert E. Bush Naval Hospital

June is National Safety Month and it is a good time to remind ourselves that a few precautions and a little common sense can be a person's first line of defense against injury and harm. Today, many folks choose to live on their own, and developing a 'safety conscience' will help ensure that each day is a safe one. Just remember a few tips to help you develop your safety conscience:

Knock, knock—who's there? Keep your door closed while you check out strangers through the peephole. Suppose it's a man in a gas company uniform who needs to "adjust the thingamajig?" Ask him to slip his I.D. under the door. Then, while he waits, call his company for verification. Look up the phone number—do not use the one he volunteers. The best bet is to have a friend or neighbor with you when repairmen are scheduled to visit. If you live in an apartment house, lock your door even if you are just going to take the trash out. And meet all delivery persons and guests at the building's entrance—don't buzz them inside.

Personally speaking—don't!

Do not chat idly about your life in public places, like the supermarket or a club. Who knows who is idling nearby?

Never advertise your gender or marital status, either. List your phone and mail box under your first initial, or use only your last name. Say "we're (not I) not here" on your answering machine message.

You can't Huff and puff and blow my door down! Consider the doors to your house as barriers. Doors should be solid wood or metal, and should have at least two locks. One should be a dead bolt, which is harder to pick than other locks. Police say chains are virtually useless. Remember that sliding glass doors attract thieves. Cut a piece of broomstick or 2"x4" wood to fit snugly in the track, so that it can not be opened. Also, remember that if a window is open even a crack, someone can pry it open all the way. And burglar alarms DO work! So does a 100-pound German shepherd, if you are an animal lover!

That lived-in look! Make sure your house or apartment appears occupied when you are out. Leave blinds partially open, a jogging suit on the clothesline,

and the stereo on. Stow a dirty pair of sneakers outside the door. Do not leave ladders lying around. At night, light is the best deterrent to unwelcome visitors. Leave random lights on, and invest in an outside flood-light or motion detector light. Exercise with a friend! Not only

is it more enjoyable to walk and jog with someone else, it is safer, too. So pick a partner to do that mile and a half, and do it in the light of day, not at night.

Car safety counts! Do not ever leave your car doors unlocked, as back seats are great hiding places. Lock your car doors when you are driving, too. In case of car trouble, have an emergency car kit with a flash-

light and a "Help" alert sign. If possible, do not get out of the car until professional help arrives. And always take your cell phone—definitely your best friend when traveling.

By paying attention to your surroundings and living situation, you can make June, as well as the rest of the year, a safe one.

Asian/Pacific Islander Heritage Month

By HM1(FMF) Michael Santos, USN
Biomedical Equipment / Material Management
Robert E. Bush Naval Hospital

In our own diverse community, we observe the month of May every year as the Asian/Pacific Islander Heritage Month. Just as we honor the rich heritage of African Americans, Hispanics and Native Americans, we should also appreciate and celebrate the enchanting, vibrant and diverse culture of Asian/Pacific Islanders. During this time of year, we recognize and promote cultural awareness of these special groups of people who have bestowed and nurtured precious values in our society. We must remember and acknowledge the vital roles they played in American history.

In 1977, Senators Daniel Inouye and Spark Matsunaga of Hawaii, Congressman Frank Horton of New York and Congressman Norman Mineta of California introduced a resolution marking the first week of May as Asian/Pacific Islander Cultural Heritage Week (the date when the first Japanese immigrants arrived on American soil in 1843). The following year, President Jimmy Carter proclaimed it an annual event. Twelve years later, President George H.W. Bush declared the entire month of May as Asian/Pacific Islander Cultural Heritage Month.

Fourteen million Asian/Pacific Islanders in the United States of America proudly trace their ancestry to the different countries and archipelagos that make up the present day Asia and the widely scattered island nations in the Pacific. We must understand the harsh journey and experiences of these early immigrants and the hardship they have to endure as they struggled to make a living and assimilate in the country. Their remarkable courage

and tenacious spirit helped them face and overcome unwanted poverty, dreadful racial discrimination and overwhelming loneliness just to make it here, bring their families and live the American dream. For centuries and generations, Asian/Pacific Islanders helped shape our Nation through their own unique contributions in every field of endeavor including cuisine, business, politics, education, community service, sports, language, arts, sciences and many other facets of life.

The most evident cultural influence they brought was the food. You've probably eaten the following delights: Philippine's Pancit and Lumpia; Korea's BBQ and Kimchi (fermented vegetables); India's Murgha Kari (Chicken Curry); Thailand's Pad Thai (Thai Fried Noodles); Vietnam's Pho (Beef Noodle); Chamorro's Kelaguen (salad or main dish marinated in chili, onion, lemon and coconut); Japan's sushi (fish or shellfish rolled in a bed of vinegared rice) and sashimi (raw fish); China's Dim Sum (steamed dumplings); Hawaii's Poke Aku (raw fish); Samoa's Okala (marinated tuna) and many other native delicacies. Even our very own MRE (Meal Ready to Eat) has its own share of ethnicity such as Thai Chicken, Beef Teriyaki and Pork Chow Mein.

A very important and notable contribution that has influenced our home and our way of life is feng shui. It is a Chinese method of creating and maintaining equilibrium and harmony by analyzing and directing the flow of energy in our environment.

Some borrowed native words found its way into the country: amuck (Malay's amok); tsunami and karaoke (Japan's tsu for harbor, nami for wave, kara for empty and Oke, for orchestra respectively); tea (Amoy's tay); chow (Cantonese for food); shampoo (Hindi's champi, head massage with oil mixture before a bath); kung fu (Mandarin's gong fu, skill and art) and many other popular ethnic words.

Other foreign words are introduced by our own military personnel during their deployments in these exotic places. Some good examples are: Tycoon, from Taikun, a Japanese word of Chinese origin meaning 'great prince/lord.' It was brought to America by Commodore Matthew C. Perry after negotiating with the Japanese to establish a trade agreement in 1854. Later on it applies to business magnates.

Continued on page 7

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DEFY Drugs...

Continued from page 1

tion to our military families."

The DEFY camp at Camp Fox, Julian CA, is scheduled for June 25-30, 2006. Any parents interested in having their children attend the DEFY leadership program should contact Lt. Velazquez at 760-830-2284, Lt. Vincent at 760-830-2354 or SSgt Horn at 760-830-5739.

In order for DEFY to be successful, it needs from the military members, their spouses and civilian employees in the area, who have the time and desire to make a difference in a child's life, said Lt. Abigail Velazquez.

DEFY is offered at no cost to Navy and Marine Corps bases. The Department of the Navy funds both supplies and training for the program. Velazquez, said anyone interested in volunteering or having their children participate in the DEFY program at the Combat Center contact us at the above numbers.

"It's important that those interested contact us immediately so we can continue planning for this year's leadership camp," Velazquez, said.

DEFY provides positive role-model mentoring and community outreach to improve the quality of life of military personnel and their families. It is designed to produce graduates with character, leadership and confidence to engage in positive, healthy lifestyles as drug-free citizens.

Both phases of the program combine education on health, physical fitness, citizenship, and life skills. It gives children the skills they need to grow up smart and strong in a world that can present them with a confusing array of choices.

Velazquez, said adult volunteers are needed to help military dependents learn the skills they'll need as they grow up. It takes at least one adult volunteer for every eight children who participate in the DEFY program.

"This program is also an ideal example of what is possible when people unite for a worthwhile cause," she said. "It takes a lot of energy, and most importantly, a strong commitment to make a difference in the lives of our young people."

DEFY also relies heavily on the involvement of parents, who receive information and resources such as referrals to other youth organizations and Internet safety.

"DEFY is not a replacement for parents," Velazquez, said. "It's a tool for parents to use to help their children realize their potential."

Since its beginning in 1993, more than 35,000 youth have graduated from the DEFY program. The DEFY website is located at www.donhq.navy.mil/defy for further information.

TRDP...

Continued from page 2

a customer service associate can dial the IVR Monday through Friday during the hours of 6 a.m. to 6 p.m. PST.

Those with Internet capability can log on to the TRDP's dedicated, customer-friendly web site at www.trdp.org and take a "virtual tour" of the program.

Further navigation through the web site allows users to enroll in the TRDP, find a local network dentist through the online dentist search function, download a claim form, view or print the entire benefits booklet, and click on "Related Sites" to get the latest dental health updates and find useful links to important government and health information.

There is also an online Customer Inquiry Form that allows customers to contact Delta electronically during a time that is convenient for them and to get prompt responses to their specific questions about the TRDP...all within reach of their computer.

Another convenient feature of the TRDP web site is the online Consumer Tool Kit. Much like the IVR, this self-service tool for enrollees allows them to verify their eligibility, get up-to-date benefits information, verify maximums and deductibles used to date, review processed claims and reimbursements, and even print extra ID cards for themselves and their enrolled family members.

Asian/Pacific...

Continued from page 6

After the Spanish-American War of 1898, American GIs brought the word boondocks, (Tagalog's bundok, mountain) which incidentally is the origin of our military boots, the famous boondockers. Gung ho (Beijing's gonghe, work together) was introduced by the US Marines from China during World War II. As an expression of 'can do' attitude, the US Marine Corps adopted it as its unofficial motto. These borrowed words are not foreign anymore because they are now part of the English vocabulary.

The biggest and considered the greatest contribution is serving the nation through the military. According to the US census bureau, there were over 276,000 US Armed Forces veterans of Asian/Pacific Islander descent, 22 are recipients of the Medal of Honor and more than 25,000 are still in active duty status. Their unrelenting efforts and dedication to duty were instrumental in dismantling the infrastructure of terrorist networks at home and abroad thus enhancing global and homeland security, liberty and prosperity which will ensure for our children and our children's children a perpetual right to savor and cherish the freedom we are currently enjoying.



June 14,
2006

Flag Day

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Daughter Carrying On a Navy Family Tradition

By Dan Barber
Public Affairs Officer
Robert E. Bush Naval Hospital

In carrying on a family tradition, Commander Penny Heisler, Head, Military Sick Call, recently led the swearing in ceremony at the Military Sick Call waiting area of the Robert E. Bush Naval Hospital, for her daughter, now Ensign Sara Heisler, who will be entering medical school at the Virginia College of Osteopathic Medicine at Blacksburg, Virginia in August.

"She has been around the Navy while she was growing up and has an appreciation for what the Navy does and stands for," said Cmdr. Heisler. "She feels a sense of patriotism and a strong desire to be of service. There is also a tradition of naval service in our family," added the proud Mother.

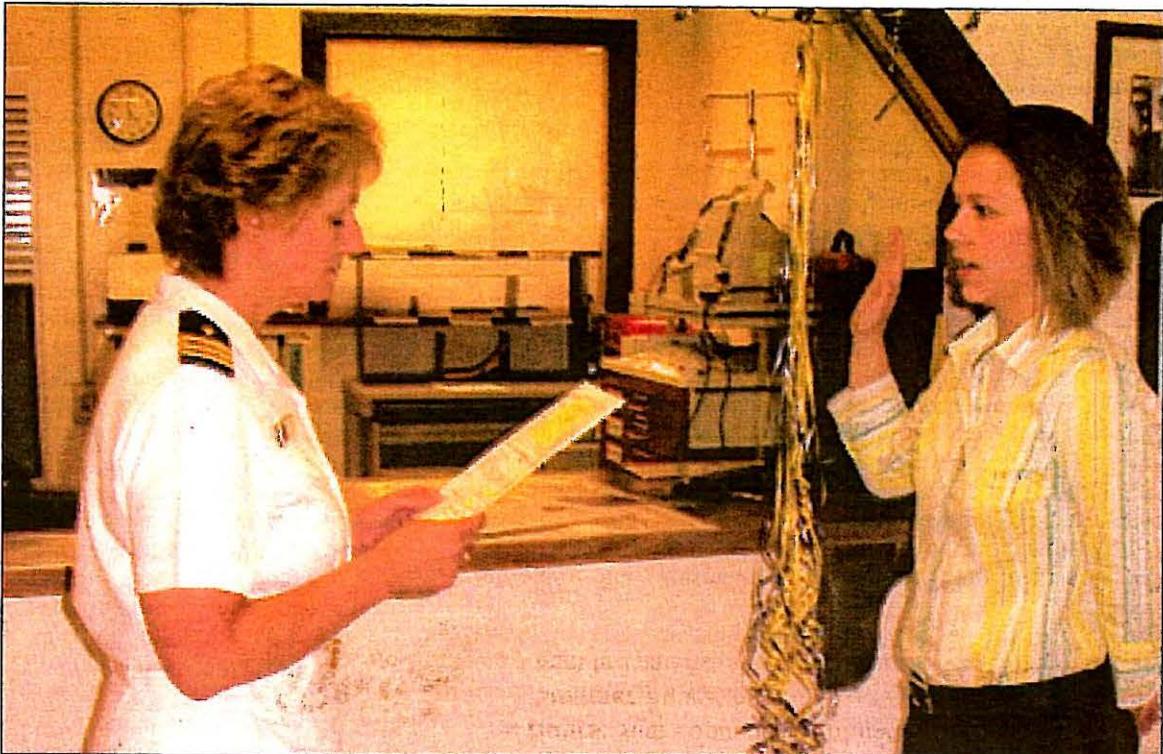
Sara Heisler grew up a Navy brat, but considers her hometown to be Tacoma, Washington. She graduated from Great Bridge High School at Great Bridge, Virginia in 2000, then attended and graduated from Western Washington University at Bellingham, Washington in 2005 earning a Bachelor of Science degree in exercise science.

Active in high school and her community, Sara was a varsity catcher on her high school's fast pitch softball team for three years. Her team won the Triple A Virginia State championships

for those years. She also was a volunteer Basic Life Saving instructor, team trainer, alcohol awareness instructor and coached little league softball in her community. College honors included the Willis Ball Scholarship.

When not busy studying or participating in community activities, Sara enjoys road cycling.

In addition to her mother and the staff of Military Sick Call at her swearing in others present were her Father, Brett Heisler, Brother Marine Lance Cpl. Tom Heisler, and Sister, Rachel Heisler.



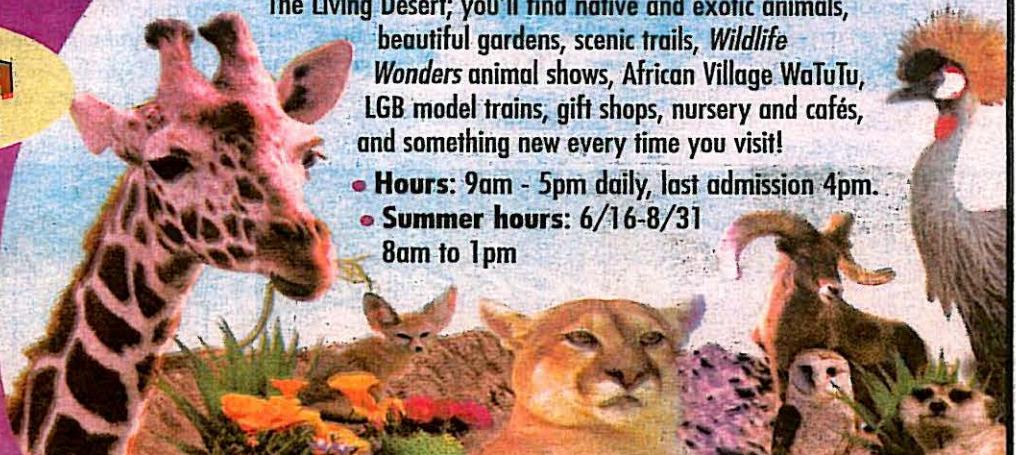
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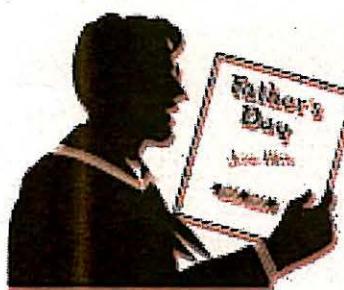
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Happy Father's Day!